



THE MASSEUR

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American Massage & Therapy Association Inc.

FORMERLY THE AMERICAN ASSOCIATION
OF MASSEURS & MASSEUSES

OFFICIAL BULLETIN

MAY - JUNE, 1962

DECATUR, ILLINOIS

State Meetings are in order in preparation for National Convention. . .



The Milwaukee Affair — Quad State Meeting

A Week-end in Wonderful Wisconsin!

The date was the last week-end in April; the place the Wisconsin Hotel in Milwaukee; the program was 'tops', and our hosts (and hostesses) were gracious hospitality personified.

Frank Persitza opened the session with warm words of welcome, and introduced Anne Bergholz, the president of the Wisconsin Chapter, A.M.T.A., who served as Chairman of the meetings.

Mrs. Bergholz expressed the hope that our meeting together

would "add something to your life that was not there before, in one way or another"—and that we would feel that we hadn't just **spent** the week-end in Milwaukee, but rather that we had **invested** hours that would give real dividends, returning us to our wonderful work refreshed in body, mind and spirit.

After singing the A.M.T.A.'s 'national' anthem, we were uniquely introduced to one another. State officers and delegates were recognized—and the program was underway.

The first speaker, Milwaukee's

(Continued on Page 3)

A.M.T.A. MEMBERS

You no doubt have received your 1962 Year Book. (If you haven't please notify the National Secretary-Treasurer, Samuel Dahlgren). This year's Book is revised so that it will be easier for you to use.

You can and perhaps will receive the 1963 Year Book earlier. Deadline dates will have to be met so the Year Book will go to press at an earlier date. Therefore it is your duty as a member to have your DUES PAID ON TIME in order to have your name listed in it when it goes to press. This will be a must this year. Plan now to have your dues in by September 1st.

The ads pay for the Year Book. We need ads to make this book possible. Plan now to have an ad in the 1963 Year Book. If you never have had a card ad in before, be different this year and insert one. It isn't expensive.

Let us all remember—**PAY DUES BEFORE AUGUST 31st—TAKE YEAR BOOK AD.**

Year Book Editor,
Anna Hoopes

THE MASSEUR

Bimonthly publication of the
American
Massage and Therapy Association,
formally known
American Association of Masseurs
and Masseuses.

Published in Decatur, Illinois
Charles W. Brooks, Editor
3111 North Water Street



George D. Gammon, National President,

PRESIDENT'S REPORT

It soon will be Convention time again and I would like for all of you to know just how these Conventions have helped me.

When I joined this wonderful Association there were just three members in California and I joined purely out of curiosity. I had my license as a Physical Therapist and thought that I would join for one year just to see what The American Massage and Therapy Association was like.

That was 8 years ago. I like the way Mr. Dave Carlson, who was then secretary, received me into the organization. I like the way Ruth Williams the president took personal interest in her job. I stayed in another year and then decided I would go to a National Convention. There is where I began to reap the benefits of this Association.

I met people from all over the United States and Canada. They

were friendly and kind. They took their work seriously. They wanted to learn and they did learn, and I learned. I brought back from that first Convention some things that I could put to immediate use in my practice and my patients were aware of the fact that I had improved my technique and sent me more patients.

I have not missed a Convention years. We are well financed and the world. I have more than paid for the expense and the time in the things I have learned and the patients that have been sent to me by my friends in the Association.

I have seen the Association go forward and then go back due to irresponsible leaders, but I have been successful as your President for the last three years only because of the wonderful co-operation of the ones who have been chosen to assist me.

The people at the Convention elected the one to help me and you as a member have that right also. The right to select your leaders, but you can only do that by being at the Convention.

It is not too late to plan to be there this Year. It is to be held in Boston, Massachusetts, August 9-10-11.

You will be amazed at the amount of massage knowledge that some of our members have and are willing to pass on to you free.

This is the association that helps you—Not takes you.

We will have over 600 members at Convention time which is almost doubling within three years. We are well financed and are progressing.

We have a long way to go but we'll get there.

YEAR BOOK MAILING

We have had 24 books come back after mailing because they didn't carry proper addresses. It cost us 8 cents each to get them back and at least one fourth of them didn't have a forwarding address on them. It cost us 8 cents to mail them out again with a cor-

rected address. The post office department will not forward third class mail. Neither will they use form No. 3547 to correct an address anymore. All this besides the 5 cents it cost for the original mailing. \$5.04 just to mail 24 books when \$1.20 should have done the job in the first place. We have had only one member notify us of a change of address in the past 6 months. If I could make you realize just how hard we work to keep this mailing list up to date I am sure you would cooperate better. Won't you send the Secretary a postal card or one to me when you move or have a change of address. We have this same problem each time we mail out the Masseur—so PLEASE try harder and keep us notified so we can be more prompt with your association mail. Thank you—Editor.

TO THE CHAPTERS

Only 4 Chapters sent in any kind of a report to be printed in the Masseur last issue. 4 out of 21, that isn't too good an average. I received two reports from one Chapter a few days after the bulletin was mailed last issue. One report will be printed in this issue but it still makes pretty stale news.

I hear from members now and then and they always say how they enjoy the Masseur. I am always glad to hear it because it keeps me pepped up and makes me work late hours sometimes to get things done. But I still want you to know this is your magazine and you are invited to help me edit and fill it full of news that concerns the membership. Anything that you think might make good reading. Ed.

CALIFORNIA HAS NEWS LETTER

Lew Hatch, an old colleague of mine, is the editor. Lew and I went to massage school together back in the 30's. The state of California has three sub Chapters

going now and they need this letter to keep their members informed and up to date on their goings and comings. This state has 111 members, so with its three meeting places their attendance will be greatly increased, as well as their activities. Nice going Lew, it was nice to hear from you.

(Continued from Page 1)

Fire Chief, James Moher was unusual in many respects. Not only as an excellent speaker, a man truly dedicated to his job, but also since he and his wife have long been patrons of John and Frank he really seemed 'one of us'. His 'up to the minute' insight into the Civil Defense Program challenged and better qualified us for both our professional and personal responsibility.

Detective Milton Lang, a veteran member of Milwaukee's Narcotic Squad provided 'much food for thought' as he clarified the picture of a growing problem, and gave us a new understanding of its implications, as well as instilling a more charitable feeling for unfortunate, misguided individuals caught in the net of narcotics.

After time for good fellowship at lunch, and time to visit several interesting displays, the afternoon meeting introduced a third fine speaker, Dr. Ray J. Dennis, head Roentgenologist at Lakeview hospital. He has worked with Mrs. Bergholz since the death of Dr. Bergholz and during the past 20 years has proven to be an unusually fine diagnostician. This was also apparent in the unusual manner in which he discussed the various diagnostic procedures from the simplest to the most complex, yet constantly reminding his hearers that, regardless of the problem, the body as a whole must be given prime consideration.

The Work Shop that followed proved most enlightening with demonstrations by Katherine Lizak and O. R. Simpson relieving a frozen shoulder, Roy LeRoy giving the geriatric spine massage and Hilde Klinkhardt showing a

fine European technique in the foot massage. The color film—"Massage Techniques" which has A.M.T.A. approval, was interesting—either as new, or in review.

Saturday evening saw us gathered for dinner at Fazios on Fifth followed by enjoyable entertainment. Sharing food and fellowship with 'kindred spirits' is always fun!

The Sunday session began with a simple, but most impressive meditation led by Anne Bergholz and Dr. Charles Brooks. Mrs. Bergholz' daughter, Mary and a Friend, Viola Goers provided lovely music, both vocal and instrumental. The message, "Hands, Head and Heart in His Service" struck a responsive chord in the hearts of the listeners, encouraging, as it did, both a personal and a professional re-dedication to serving the Great Physician.

The final Work Shop activities brought forth the excellent work of Ellen Zahn in an oft neglected area—the facial massage. Mabel Huggins' Sacro-Iliac massage as was also appreciated and it led to several demonstrations by some of our men. Mimo Rendall was excused because of her husband's health, but when she later wheeled him into the meeting room, both received a warm ovation.

The closing business meeting was anything but a 'dead end' to a lively week-end, for the exchange of ideas, including those offered by John Persona in the field of 'patient education' was most refreshing and stimulating.

Our last gathering was at the bountiful Buffet Dinner followed by reluctant farewells.

Apparently our Quad-State delegates were unanimous in the opinion that: meetings of this type are of real value, and that one should be held each spring during the last week-end in April alternating between the four states. Indiana offered to be the host in 1963. It was also agreed that in addition to the personal inspiration (even if one received just one thought or idea!) it also served

to encourage attendance at the forthcoming National Convention.

And so, Wisconsin sent us on our way—AUF WIEDERSEHEN in Boston August 9th to 12th!

PENNSYLVANIA

Blandy Jones writes me that their Chapter held a meeting March 25th at Mrs. Jean B. DiCailo's in Newton Square which is a suburb of Philadelphia. There was 30 in attendance. Blandy organized this Chapter in 1953 and they sponsored a National Convention in 1956. They have 26 members in good standing and are very aggressive. I understand they would like to bid for the 1963 convention.

Pennsylvania wants to start up branch chapters to accommodate their membership and increase attendance. They plan to hold their meetings in Hotels from now on. The next one in Harrisburg.

LENDING LIBRARY

List of books in library.

The Pulse by Dr. Arthur F.

Coca \$4.95

Healing Hands by Walter

G. Bozan, D. C. 2.50

Manual Therapy by James

B. Mennel, M.D. 2.50

Massage & The Swedish Move-

ments by Ostroni 4.50

Electrotherapy & Light Ther-

apy by Kovacs 8.00

The Massage Operator by

Dr. P. Puderbach 6.50

Practice of Physical Therapy

by Sampson 7.50

Muscle Testing, Technique

of Manual Examination 4.50

Send in check for the price of the book, plus \$1.00. Money will be refunded less one dollar upon return of the book. If not returned in 30 days your money will be used to purchase a new book of same title.

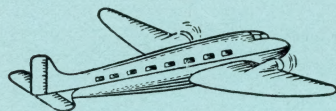
HALF A LOAF

Bread may be the staff of life.

The stuff the children wean on.

But if you're trying to reduce.

It's not the stuff to lean on.



'WE'RE FLYING'

The Central State members are flying to the national convention in Boston. Here is the dope.

Flight No. 80, a jet of the American Air Lines leaves Chicago at 12:25, noon Wednesday, August 8th. Will arrive in Boston at 3:23 Wednesday afternoon.

The cost will be 111.00 round trip. Send your check for that amount to Martin Weinrich, Illinois Chapter President, 815 North 3rd Ave., Maywood, Illinois.

These reservations must be in his hands by June 1st. This is a non-stop unscheduled flight and it will be wonderful experience for all of us to be on the same plane.

The return flight will be on Sunday, August 11th.

CALIFORNIA

The California Chapter Quarterly meeting was held at the Covell Hotel in Modesto, March 17-18 with Irene Jordan, Vice Pres., presiding in the absence of Pres. Dausman who was unable to attend.

About 30 attended the meetings which opened at 10:30 Saturday morning.

State Sec.-Treas. recently resigned and Ann Hoopes acted as Secretary Pro Tem. Elmer Conn acted as the Vice President's Parliamentarian.

National President George Gammon led the flag salute after which J. L. Hatch led in prayer.

President Dausman sent a letter of regrets which was read by Irene Jordan.

National President Gammon gave a short report on the condition of the National Association and urged members to attend the National Convention. He also spoke of the need of malpractice insurance.

Then followed reports from

Units 1, 2, 3 and 4 which were given by John Turnbull, Anna Hoopes, Lee Dalton and George Gammon, respectively.

Irene Jordan stated the state chapter needed a Sec.-Treas. due to the resignation of Earl Cowley. J. H. Gross was elected and installed by Elmer Conn.

Leon Martin requested a report on the Law and Legislation bill.

George Gammon stated no bill will be presented this year but promised a bill which will be ready for consideration at the State Convention at Long Beach in June.

It was voted to incorporate and formulate by-laws starting at once.

It was also voted to purchase two books, "The Journal of the Chartered Society of Massage and Medical Gymnastics" and "Text-book of Massage." These books to be donated to the National to be loaned out.

J. L. Hatch was elected editor of the California Newsletter to be gotten out every 2 months, alternating with the "Masseur."

Under new business Irene Jordan gave a report on plans for the forthcoming State Convention to be held in Long Beach June 8, 9, 10. George Gammon suggested each member send Irene Jordan a full book of Blue Chip stamps so that she can get a door prize for the convention.

Anna Hoopes conducted the work shop when the following demonstrations were given:

Feet—Altana McNichols
Leg and Knee—Anna Hoopes
Sciatica—J. L. Hatch
Shoulders—Gudrun Schmieder
Fingers and Arms—Wanda Beck
Head and Face—Leon Martin
Abdomen—Elmer Conn

Irene Jordan said that any members not receiving the "Masseur" should drop a card to Sam Dahlgren, Nat. Secy.

Insurance was discussed but no special action taken.

The meeting included question and answer periods. Dutch lunches and dinners were enjoyed by all and the meeting was considered

very profitable by all.

J. L. Hatch

Mrs. Arthur Melson

Joliet, Ind. — Funeral services for Mrs. Arthur (Eva Marie) Melson, 67, of 804 W. Marion St., who died Thursday at Silver Cross Hospital following a 2½ months illness, will be tonight at 8 p.m. at the Olson Funeral Home with the Rev. Larry Axelson officiating.

She was in business with her son, Arthur, in the Melson Health Center on West Jefferson Street.

The body will be taken to the Baker Funeral Home, Anderson, Ind., Sunday, with burial in the Anderson Memorial Park Monday.

Friends may call at the Olson Funeral Home from 2 to 5 p.m. today.

She was the former Eva Marie Dent, and she was born in Anderson, Ind. She came to Joliet some 20 years ago.

Mrs. Melson was past worthy high priestess of the Order of White Bethesda Shrine No. and Eastern Star of Anderson, Ind.; a past president of the Forget-Me-Not Club of Joliet; and a member of the Ottawa Street Methodist Church.

Surviving are her husband, Arthur; a retired auditor for the U. S. Steel Corp.; a son, Arthur, Jr.; a sister, Mrs. Pansy Cox; a brother, Edward Dent of Anderson, Ind.; and several nieces and nephews.

TEXAS CHAPTER

The Texas Chapter A.M.T.A. meeting was held at the Buckhorn Lodge, Marbel Falls, Texas, March 31, 1962.

The meeting was called to order by President Ralph Stubblefield at 7:30 P.M. Minutes of the previous meeting were read and approved. Treasury report read and approved.

A discussion of meeting procedures and frequency of meetings was carried on. We decided to hold two State meetings a year, since it is impossible for all our mem-

bers to attend frequent meetings. To compensate for the lack of state meetings, it was suggested that we hold District Meetings as often as possible. This met with the hardy approval of all.

We signed a new member from Houston, Mr. James Earl Beatty. We welcome this fine member to our Chapter. You may see his picture soon in Life magazine. They are doing an article on him.

After the business meeting Mr. Hodges played a tape for us on nerves. We all enjoyed it, and look forward to hearing a 'rerun' soon, as it is very interesting and informative.

The meeting was adjourned at 12:00 P.M. We are eagerly looking forward to our first District Meeting in Houston very soon. The President's Club in Houston has offered its facilities for a meeting place, via our Mr. Beatty, who is in charge of the Physical Therapy department there.

It was called to the attention of the Secretary that the name of our President, Dorman C. Blaylock did not appear in the list of members on page 62 of the Year Book. Only that of Dorris R. Blaylock appeared. We have two Blaylocks, for whom we are grateful. There were 6 of our 16 members present, many out due to illness.

Sincerely,
Mrs. Virginia J. Swenson,
Sec'y.-Treas.

KANSAS

The Kansas Chapter again extends our thanks to the Staff of the Broadview Hotel of Emporia, Kansas, for the wonderful service given to us for our meeting. Our tables were so pretty with the daffodils lending their grace and beauty to our tables.

To our Guest, we extend a warm welcome to visit with us again. May we soon extend to you the Hand of Fellowship into a wonderful Association and to be one of us.

To our new members, we were very happy to meet you, and to

extend the Hand of Workmanship to you in our Association. It is only as each one of us as members, work together to go forward in our Profession.

Our program for April 1, 1962:

Again we extend thanks to Mrs. Naomi Cowan, B.S.P.H.T. for the guidance she is giving to our Chapter in Medical Terminology and its importance to the Practitioner. It has been a great help to all of us and we extend a welcome invitation to be with us in our next meeting with more of the same.

To J. F. Vannerson, M.S.D.C.-P.H.C. on the subject Nutrition and Health. Our own Edith, won the prize that he offered for the question he asked. We extend to you Doctor another invitation and more time to talk to us.

Then our own beloved Edith gave to us Highlights of "Recent Health Advances", "The possible prevention of a stroke by minor surgery; the control of hypertension by surgery, diet and drugs; the working toward vaccines against viruses causing common cold, by both English and American researchers; Vaccines for hepatitis and measles in the offing; rehabilitation techniques for the nerve-deaf and microsurgery for restoration of hearing to many with conductive deafness; an increasing percentage of control of diabetes by oral drug therapy; a new simple test for stomach cancer by the administration of a fluorescent drug; and by cataloging the effects of nucleic acids, through which it is believed that hereditary characteristics are transmitted, the hope that some day the cause of congenital disabilities and predispositions to disease may be found and possibly controlled.

To John Bahr, N.M.D., P.H.T. for the work shop on Spinal Therapy. We all do enjoy the work shop and to learn from one another. The charts that Dr. Bahr had were wonderful. Some of us would like to have a set.

Our election of officers for the

coming year: Mr. Gray, President; Mr. Rankin, Vice President; Mrs. Richey, Sec'y-Treas.

In closing I'd like to leave this thought with you by A. B. Simpson:

RESTING

Once my hands were always trying,

Trying hard to do my best;
Now my heart is sweetly trusting,

And my soul is all at rest
Once my brain was always planning,

And my heart, with cares oppressed;

Now I trust the Lord to lead me,
And my life is all at rest.

Once my life was full of effort,
Now 'tis full of joy and zest;
Since I took His yoke upon me
Jesus gives to me His rest.

Catherine Adams

GEORGIA CHAPTER

A meeting of the Georgia Chapter of the American Massage & Therapy Assn., was held in Athens, Feb. 10, 1962, with Mr. Clarence Jones as host. Members present: Mr. D. S. Carlson, Mr. Arnold Ingemann, Mr. Clarence Jones, Mrs. Jo Dinkler, Mrs. Lillian Derry.

Visitors: Mrs. D. S. Carlson, Mrs. Clarence Jones, Mrs. Gladys Cory.

During the afternoon session, demonstrations were held in Mr. Jones' place in the Georgian Hotel. Mr. David Carlson gave a demonstration of Abdominal Massage. Mrs. Dinkler gave a demonstration on Facial work, emphasizing the relaxing of a patient. After these demonstrations, films were shown, "Thread of Life" and Genetics. Both were very interesting.

At the close of the afternoon session, we were the guests of Mr. and Mrs. Jones, on Fortson Drive, for a delightful social hour. The rooms were beautifully decorated in a Valentine motif, using crimson glads. Lovely refreshments were served. We all enjoyed music played by Mr. Jones,

on his Hammond organ, also the songs by Mr. and Mrs. Carlson. With such musical talent in our group, we hope they can be heard and enjoyed at every meeting. Dinner was served in a private dinning room at the Georgian Hotel, the table carrying out the Valentine motif, with favors of foil wrapped candy hearts.

Business Meeting: Called to order by Pres. Arnold Ingemann. Minutes of the last meeting read and approved.

Treasurer's report read and approved. All members given a copy of the Quarterly report. Copy of Quarterly report sent to National Treasurer, also read.

Correspondence read. Treasurer instructed to send copies of Fall and Winter meetings to Dr. Brooks, Editor of Masseur.

1. Motion made by Mr. D. S. Carlson and seconded by Mr. Jones, that Program Chairman inform the President and the Secretary two weeks in advance of meeting, the subject of the Program so that all members can be informed. Motion carried.
2. Motion made by Mr. D. S. Carlson, seconded by Mr. Jones, that Executive Committee meet for one-half hour previous to Business meeting to discuss delinquent dues, etc., not to be brought up in open meeting. Motion carried.
3. Motion by Mr. D. S. Carlson, seconded by Mrs. Derry, that we have all day sessions at the next meeting, to enable us to have more demonstrations. Motion carried. Demonstrations to start at 9:00 A.M.
4. Motion made by Mr. Carlson, seconded by Mr. Jones, that Chapter secure a film from National Headquarters, to be shown at the June meeting. Motion carried.
5. Secretary instructed to invite Mrs. Evans of Stockton to our next meeting.
6. Mr. D. S. Carlson appointed Chairman of the Membership

Committee, by Acting Pres., Arnold Ingemann.

7. Mr. Carlson discussed the Physical Therapy Bill presented in Atlanta and told of the steps that he and Mr. Jones took to block the bill.
8. An invitation was accepted with pleasure, to hold our June meeting at the Carlson Clinic, in Rome.

There being no further business, the meeting adjourned.

Lillian G. Derry,

Sec'y.-Treas., Georgia Chapter
American Massage & Therapy Assn.

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INDIANA

Meeting called to order at 10:50 A.M. President Lowell M. Spangle presiding.

Invocation by our Chaplain Nelle Towe.

President Spangle asked each to stand and introduce themselves, so that we could all become better acquainted. Registration clerk Lenora Stoller reported 38 persons present.

George Stoller as secretary read the minutes of our last meeting held at the Elk's Club in Frankfort, Indiana on Saturday, January 19, 1962. Accepted as read.

George Stoller as treasurer gave the financial report. Accepted as read.

Committee Reports:

Membership: Earl Schofield, Chairman—reported very briefly.

Convention: Pete Rittenhouse, Chairman—reported very briefly. He told us things are shaping up nicely for a bang up affair.

Schools and Colleges: Ethel Sears, Chairman—No report. Mr. Harold Machamer reported that he plans to start a massage school

in the very near future, and will give us more information at a later date.

Public Relations: Thomas Brookshire, Chairman—No report. Catherine Holland reported that she has been doing some work on the side in various establishments in the Indianapolis area, thus showing others the merits of massage therapy. She told us she felt that massage therapy was now coming into its own.

Ways and Means: Beatrice Parkinson, Chairman—No report.

Legislative: George Stoller, Chairman—Nothing definite to report, as yet.

There was some discussion on ways of raising money for our legislative fund. Nelle Towe told us she had made up some strings of beads that she was going to sell for \$1.00 or \$1.25 a pair, with the money all being donated to this fund. We are happy to say she was all sold out in very short order. Our thanks to Nelle for this kind gesture. She also suggested that we as a chapter order some "Butter Bit Candy" and each one sell some. Selling one large order of this would realize a profit of \$50.00 for our chapter. This was put in the form of a motion by Harold Machamer and seconded by Pete Rittenhouse. Passed unanimously.

Catherine Holland also suggested that we purchase greeting cards for our members to sell, and the profits to go to this fund. This was moved and seconded and passed unanimously. A motion was made and seconded that we set up a booth at our state convention or mid-west conference to sell these items with Catherine Holland acting as chairman, with all profits going also to this fund. Passed unanimously.

Gary and Fort Wayne were nominated for our next meeting place to be held on Saturday, May 5, 1962. Gary won with 15 votes and Fort Wayne with 8. President and Mrs. Spangle are to serve as our hosts for this meeting.

We recessed for a very wonderful smorgasbord dinner at 12:1

P.M.

We reconvened at 1:20 P.M. Catherine Holland reported on plans being made for those who were interested in a plane trip to Europe. This is to be a guided 17 day tour and will cost \$700.00.

This meeting was held in Kokomo on Saturday, March 10th.

Dr. Thomas Olson next gave us a very interesting and informative lecture on health. His topic was "Concentrated Nutrition." He conducted a question and answer period afterward. His talk was really enjoyed by all.

Mr. Wright of Continental Casualty Co. reported on the progress he and his associates were making in contacting our members in regards to our group plan of sickness and accident policy. He explained their plan very well and answered all questions that came up.

It was moved and seconded that we make Mrs. Mary Leets, the founder of our Indiana Chapter of AMTA, an honorary member. Passed unanimously.

We adjourned at 4:00 P.M. Our thanks to our host Pete Rittenhouse for a very enjoyable meeting.

Respectfully submitted,
George W. Stoller,
Secretary-Treasurer

DIAGNOSIS DIFFICULTY

BY PETER J.
STEINCROHN, M.D.

Making a correct diagnosis is really the most important part of a doctor's job. When that is done, proper treatment follows almost automatically. More doctors know how to treat than how to diagnose.

If you have been suffering from an illness whose cause your doctor can't pinpoint, he will send you to a specialist in the field.

He will send a report on the diagnosis (if he can make it) and also a suggested course of treatment. From then on, your doctor—with his basic knowledge of the disease—can treat you adequately.

MANY FRESH air fanatics

will sleep with their windows wide open in weather 20 degrees below zero. That's all right if they are single. Their bedroom is their castle. They have a right to choose their environment. Likewise there are closed window fanatics. They think night air is poisonous. The house is shut tight at night.

Imagine how hectic marriage can become with partners at these opposite poles. They'd better make some concessions to the other's whims or there will be altercations far into the night.

The fact remains that neither extreme is harmful to good health. Even though windows are shut tight air gets into the room somehow. As for enjoying a bedroom at freezing temperatures, I doubt that such extremes do the normal lungs or sinuses any harm.

IT TOOK many years of persistent, persuasive advertising to convince the American people to visit the dentist regularly to prevent tooth decay and loss.

In the same manner, people are at last beginning to realize the health-preserving and lifesaving values that lie in periodic physical checkups with the physician even though they feel well.

IF YOU asked me what's good for constipation, I'd have to know more about you.

I have known many patients who were healthy into their 70's who rarely had more than three bowel movements a week.

Only when there's a distinct change in your bowel habits, should you become concerned to rule out a tumor somewhere in your stomach or intestines. Stubborn diarrhea or constipation deserves investigation.

SAY HEALTH-FOOD DOLLARS COULD GO FOR BETTER FOOD

TAMPA, Fla. (AP)—The billion dollars spent annually for so-called health foods could better be spent for good, everyday food in the grocery store, says Dr.

Philip L. White.

White, director of the department of foods and nutrition for the American Medical Association, added that a well-balanced diet can give the consumer the same nourishment as vitamin pills at a fraction of the cost.

The nutrition expert addressed the annual meeting of the Florida Dietetic Association yesterday.

THE GUY IN THE GLASS

When you get what you want in
your struggle for help
And the world makes you King
for a day,
Then go to the mirror and look at
yourself
And see what that guy has to
say.
For it isn't your father or mother
or wife
Who judgment upon you must
pass;
The fellow whose verdict counts
most in your life
Is the guy staring back from the
glass.
He's the fellow to please—never
mind all the rest—
For he's with you clear through
to the end.
And you've passed your most
dangerous and difficult test
If the guy in the glass is your
friend.
You may be like Jack Horner and
chisel a plum,
And think you're a wonderful guy;
But the guy in the glass says
you're only a bum
If you can't look him straight in
the eye.
You may fool the whole world
down the pathway of years
And get pats on the back as you
pass
But your final reward will be
headaches and tears
If you've cheated the guy in the
glass.

—Author Unknown

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23RD PSALM

The Government is my she-
 herd; I need not work.

It allows me to lie down on
 good jobs; it leadeth me beside
 still factories.

It destroyeth my initiative; it
 leadeth me in the paths of para-
 sites for politics' sake.

Yea though I walk through the
 valley of laziness and deficit
 spending, I will fear no evil, for
 the government is with me; its
 doles and its vote-getters, they
 comfort me.

It prepareth my economic
 Utopia for me by appropriating
 earnings of my grand-children.

It filleth my head with bologna,
 my inefficiency runneth over.

Surely the government will care
 for me all the days of my life,
 and I shall dwell in a fool's para-
 dise.

"How do you like that new sten-
 ographer you hired?"

"She does splendidly with her
 nails, but she has no apparent in-
 terest in my letters."